

# Connect



# AGING WELL, LIVING WELL EXPO

FRIDAY, MAY 17<sup>TH</sup>  
8 AM - 2:30 PM

Northern Maine Community College  
Smith Wellness Center



Join friends from across Aroostook to celebrate aging and living well. Hear from over twenty presenters as they share knowledge, tips, and skills to remain independent, active, and involved in your community. Visit the exhibition area to connect with key area resources and services. Have lunch and enjoy local musical talent. And, much more!

Brought to you through a collaboration of the following area organizations.



**Pre-Registration is REQUIRED by May 8th** • Please return registration form by mail to:

PO Box 1288 • Presque Isle, ME 04769 or drop off at 260 Main St., Ste B

Admission is Free

Donations will be accepted at the door with proceeds going to Meals on Wheels.

For more information, please contact the Aroostook Agency on Aging at 764-3396.



# Aging Well, Living Well Expo

Friday, May 17, 2019

Northern Maine Community College – Smith Wellness Center

## Schedule of events

8:00-9:15 AM	Registration in Wellness Center. Enjoy coffee and visit exhibitors; various health checks available, valuable products, services and information designed to help you stay well, remain independent and <b>AGE WELL!!</b>
9:15-10:00 AM	Workshop Session #1
10:15-11:00 AM	Workshop Session #2
11:00 AM – 12:00 PM Lunch served	Visit exhibits, meet with our experts for information, participate in health checkups & LOTS of information. Buffet lunch served – MUST PRESENT TICKET
12:00-12:45 PM	Workshop Session #3
1:00-1:45 PM	Workshop Session #4 – Encore Workshops
2:00-2:30 PM	Closing Celebration with Special Entertainment and Door Prize Drawing in Gymnasium

There will be a “*make-your-own-craft*” booth set up in the lobby area. You do not have to sign up for this workshop. Crafts are quick and can be completed before the Expo, during lunch or whenever you choose. When supplies are gone, the booth will close.

We are pleased to be able to offer this year’s **Aging Well, Living Well Expo** FREE of charge. There continues to be a steady increase in request for food for the Older Adults of Aroostook County. We will be accepting donations at the door for the Meals on Wheels Program. All donations will be used to purchase food for homebound consumers in need.

**“GET A LUNCH, GIVE A LUNCH”**



# **Aging Well Living Well 2019 Session #1 Workshop Descriptions**

**9:15 – 10:00 AM**

## **Age-Friendly Community? What does that mean for me?**

*Patricia Oh, LMSW, MS, Consultant, AARP*

Making communities great places to live for people of ALL ages requires residents to work together to create solutions. People want to remain active, healthy and engaged in their communities as they grow older. Learn how municipalities-- such as Caribou and Danforth--are mobilizing the skills, talents, and community experience of older residents to move their communities into an age-friendly future.

## **Chair Yoga Flow**

*Cara Iris Miller, Therapeutic Body Worker, Wellness Coach, Writer & Yoga Fitness Trainer, Inspired Wellness*

Do you want to try yoga, but think it would be too difficult? Chair Yoga may be your answer! This style of exercise is a wonderful way to improve balance, strength, and flexibility through modified yoga poses, using a chair for added support. Join Cara as she demonstrates this beginner's routine! **Limited to first 20 to pre-register.**

## **Diabetes-Control: It Can Be Done**

*Erica Ouellette, RN, CDE, and Nancy Holmquist, Health Educator, Cary Medical Center*

Diabetes is a growing epidemic throughout the World, but you don't have to be part of the statistics. Specializing in Diabetes, Erica sees hundreds of diabetes patients and helps them live with their diabetes. She will discuss the importance of self-managing your diabetes, medications and the importance of diet control, weight management and exercise. Get the latest developments in controlling your blood sugar.

## **Frame Your Memories-Part 1**

*Frank Pytlak, Instructor-Building Construction Technology, Northern Maine Community College*

We all have memories that we want to preserve. What if the frame you put it in, was made by YOU? Frank will walk each participant through the process of building your own picture frame. Keep it for yourself or surprise a loved one with it as a priceless gift. **This will take two workshops to complete – must sign up for Part 2 at 10:15. Limited to first 10 to pre-register.**

## **I'm Not Dying.....So Why NOW?!? Power of Attorney & Advance Directives**

*Hilary Fernald, Esq. Staff Attorney, Legal Services for the Elderly*

What are Advance Planning documents? How do I get a financial Power of Attorney and Health Care Advance Directives? Understand the importance of planning ahead so your wishes are met when you are not able to make decisions. Learn the risks and benefits associated with these documents & common misconceptions.

## **Life After The Diagnosis**

*Sharon Berz, LCSW, Director, Long Term Services and Supports, Aroostook Agency on Aging*

Not sure how to handle a personal diagnosis or that of a loved one of Dementia or Memory Loss? Attend this workshop to learn what to plan for, what to say, and how to continue living a quality life with dignity, humor, and compassion. A Dementia or Memory Loss diagnosis doesn't have to mean the end, rather, consider it a path with many options and memories still in the making.

## **Your Aging Eyes**

*Dr. Randall Himes, Northern Light Eye Care*

Learn about common age-related eye conditions that many, if not all of us, will experience in a lifetime. We will cover topics such as macular degeneration, cataracts, glaucoma, dry eye and more! Optical illusions and fun facts about our eyes will also be shared.

# **Aging Well Living Well 2019 Session #2 Workshop Descriptions**

**10:15 – 11:00 AM**

## **Blood Pressure Management – It's all about Compliance**

*Caleb Swanberg, M.D., Pines Health Services*

High blood pressure can quietly damage your body for years before symptoms develop. It is also one of the leading causes of strokes. Left uncontrolled, you may wind up with a disability, poor quality of life or even a fatal heart attack. But, you can greatly reduce your chances of risks by taking control of your health. Learn how new medications and changes in lifestyle can help you and your healthcare provider effectively manage your blood pressure.

## **Crockpot Cooking: For One or Two – Because dinner should always be delicious.**

*Lisa Fishman, Nutrition Education Professional, University of Maine Cooperative Extension*

Are you stuck in a rut cooking for one or two people? Don't worry, we have the perfect solution for you! Join Lisa as she gives ideas, tricks and tips for cooking delicious, healthy meals for just a few. Bring JOY, not hassle, back into your kitchen. Your neighbors will wonder what you are up to! Samples provided.

## **Emergency! BE PREPARED!**

*Shaun Merrill, Assistant Planner, Aroostook County Emergency Management Agency*

The ability for you and your family to be prepared for an emergency tomorrow depends on the planning and preparation you make today. This presentation will discuss and outline the basics for preparing you and your family for an emergency in your community. Become better prepared individually and as a family.

## **Frame Your Memories-Part 2**

*Frank Pytlak, Instructor-Building Construction Technology, Northern Maine Community College*

You must sign up for Part 1 at 9:15 to attend this workshop. **Limited to first 10 to pre-register.**

## **Medicare 101 Fun**

*Tara Henderson, Medicare Education Coordinator, Senior Medicare Patrol, Aroostook Area Agency on Aging*

This is a basic Medicare C and D informational learning session. Learn about the basic Medicare options, including Advantage plans, prescription and supplement plans, when and how to enroll into Medicare for the first time, and when you can make changes to your Medicare. Do you qualify for extra help? We can help you find out!

## **NMCC Simulation Center – Tour & Demonstration**

*Andrew Gagnon, Department Chair-EMS, Northern Maine Community College*

Did you know that NMCC has a state-of-the-art simulation lab for Allied Health Students and professionals in the healthcare field? The new simulation lab is complete with five hi-fidelity mannequins representing the highest level of technology available in the field of allied healthcare training. Go on a tour and watch demonstrations of this amazing learning tool. You may even be fortunate enough to meet “**Pediatric Hal**”, one of only six mannequins of its type in the WORLD....right here in our community!!

## **Preventing and Managing Diabetes**

*Pam Willette, Diabetes Nurse Educator, Northern Light Health A.R. Gould Hospital*

Learn more about how you can prevent becoming diabetic as you age, as well as key tips for successful management of diabetes if you already have it. There is always more you can learn about diabetes. Whether to prevent or manage it, educated yourself.

# **Aging Well Living Well Expo 2019 Session #3 Workshop Descriptions**

**12:00-12:45 PM**

## **Bone Health & Osteoporosis:**

*Dr. Andrew Lederman, **Northern Light Health A.R. Gould Hospital***

In this workshop learn about bone health - including disease process, preventive measures to reduce the likelihood of fracture, and treatments in the event of a bone-related problem. Discussion includes new services available through a collaboration between primary care, orthopedics and endocrinology at Northern Light AR Gould Hospital to manage bone health in Aroostook County.

## **Colorectal Cancer – It's all about Prevention**

*Cindy Blanchette, RN, **Cary Medical Center***

Colorectal Cancer is the second leading cause of cancer deaths in the United States. Some 50,000 people will die of the disease this year alone. Colorectal Cancer if diagnosed early through periodic screening can be cured. In 2018, Cary Medical Center was awarded a two-year grant from the Maine Cancer Foundation. The grant, 'Screen Aroostook' is focused on increasing screening for colorectal cancer in Aroostook County.

## **Frame Your Memories-Part 1**

*Frank Pytlak, Instructor-Building Construction Technology, **Northern Maine Community College***

We all have memories that we want to preserve. What if the frame you put it in, was made by YOU!?! Frank will walk each participant through the process of building your own picture frame. Keep it for yourself or surprise a loved one with it as a priceless gift. **This will take two workshops to complete – must sign up for Part 2 at 1:00. Workshop limited to first 10 participants to pre-register**

## **Fraud: It can't happen to me? (or can it!?)**

*Tara Henderson, Medicare Education Coord., Senior Medicare Patrol, **Aroostook Agency on Aging***

This workshop will teach you about common Medicare fraud and scams that are currently happening. You will learn how to protect yourself from suspected fraud, errors and abuse. How many times have you received a call from someone trying to get personal information from you or receive money under false pretenses?? Discover where to get information and help so you can help yourself and others around you.

## **Introduction to Matter of Balance**

*Candy Gough, MOB-Evidence Based Program Coordinator, **Aroostook Agency on Aging***

*Marge Yeager, Manager, **Retired Senior Volunteer Program (RSVP)***

Matter of Balance is a training that will empower you to regain balance & be confident in your activities of daily living. Learn why you may be at risk for falls and what can be done to prevent this often life-changing accident

## **NMCC Simulation Center – Tour & Demonstration**

*Andres Gagnon, Department Chair-EMS, **Northern Maine Community College***

Repeat of workshop offered in AM session – see previous description.

## **Stroke Prevention & Recovery**

*David Letourneau, Certified Brain Injury Specialist, **Center for Integrated Neuro-Rehab/AMHC***

Learn ways to prevent a second stroke; factors YOU can control, i.e. blood pressure, cholesterol, quitting smoking, Diabetes (preventing & managing), physical activity, and good nutrition. Take steps to a healthier lifestyle by eliminating destructive behaviors, improving mental and emotional health. Let Dave inform you on how you can get on the road to recovery, make your home more accessible and how to become more independent. Knowledge gained in this workshop can help a friend, family member or maybe yourself.

# Aging Well Living Well Expo 2019 Session #4 Workshop Descriptions

1:00-1:45 PM

## **Colorectal Cancer – It's all about Prevention**

*Cindy Blanchette, RN, Cary Medical Center*

Colorectal Cancer is the second leading cause of cancer deaths in the United States. Some 50,000 people will die of the disease this year alone. Colorectal Cancer, if diagnosed early through periodic screening, can be cured. In 2018 Cary Medical Center was awarded a two-year grant from the Maine Cancer Foundation. The grant, 'Screen Aroostook' is focused on increasing screening for colorectal cancer in Aroostook County.

## **Frame Your Memories-Part 2**

*Frank Pytlak, Instructor-Building Construction Technology, Northern Maine Community College*

You must sign up for Part 1 at 12:00 to attend this workshop. **Limited to first 10 to pre-register.**

## **Fraud: It can't happen to me? (or can it!?)**

*Tara Henderson, Medicare Education Coord., Senior Medicare Patrol, Aroostook Agency on Aging*

This workshop will teach you about common Medicare fraud and scams that are currently happening. You will learn how to protect yourself from suspected fraud, errors and abuse. How many times have you received a call from someone that was trying to get your personal information from you?? Discover where to get information and help and how you can help others around you.

## **Parkinson's Disease: Signs, Care & Support**

*Jennifer Bryce, MA, CCC-SLP, Northern Light A.R. Gould Hospital*

Learn the 10 early signs of Parkinson's Disease; complications associated with Parkinson's, and possible treatments. Gain knowledge of local resources such as the Parkinson's Disease Support Group at Northern Light A.R. Gould Hospital.

## **Stroke Prevention & Recovery**

*David Letourneau, Certified Brain Injury Specialist, Center for Integrated Neuro-Rehab/AMHC*

Learn ways to prevent a second stroke; factors YOU can control, i.e. blood pressure, cholesterol, quitting smoking, Diabetes (preventing & managing), physical activity, and good nutrition. Take steps to a healthier lifestyle by eliminating destructive behaviors, improving mental and emotional health. Let Dave inform you on how you get on the road to recovery, make your home more accessible and how to become more independent. Knowledge gained in this workshop can help a friend, family member or maybe yourself.

## **Strong Healthy Bones Don't Build Themselves**

*Judy Anderson, Director, Community & Volunteer Services, Aroostook Agency on Aging*

*Jane Pinette, Volunteer Coordinator, Aroostook RSVP*

RSVP Bone Builders relies upon low-impact weight training exercises to protect against fractures through increased muscular strength, bone density, and balance. RSVP Bone Builders is an evidenced-based program developed by Tufts University as an osteoporosis prevention program. Find a class to join in your community!

## **Technology: Make It Work For You**

*Brad Dyer, Senior Planning Center*

Do you have a tablet, computer or smart phone and can't seem to understand how to make it work? This is the age of technology, but just because you didn't grow up with it doesn't mean you can't learn how to make it work for you. Discover ways to use technology to keep your brain active, communicate with loved ones, watch old shows or just solve a crossword puzzle. If you would like to learn more about the technology around you, this class is for you!

# Aging Well Living Well Participant Registration

**PRE-REGISTRATION REQUIRED**  
**Return this page by May 8, 2019**  
**Aroostook Agency on Aging**  
**PO Box 1288, 260 Main Street, Suite B**  
**Presque Isle, ME 04769-1288**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number: (\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

*(Sharing your email with us will allow us to get information out to you quicker and more efficiently.  
 We do NOT share your information with any other companies.)*

Attendance is **FREE** this year! But you **MUST** pre-register.

Donations accepted at the door for our **Meals on Wheels Program - "Get a Meal, Give a Meal"**

## Register by May 8<sup>th</sup>

### WORKSHOP SELECTION

**You will receive this paper the day of the Expo, Friday, May 17, 2019, please make sure to  
 check ONE WORKSHOP in each session**

Session #1 Workshop Selection 9:15-10:00 AM	Session #2 Workshop Selection 10:15-11:00 AM
Age-Friendly Community? What does that mean for me? <input type="checkbox"/>	Blood Pressure Management-It's All About Compliance <input type="checkbox"/>
Chair Yoga Flow <input type="checkbox"/>	Crockpot Cooking: For One or Two <input type="checkbox"/>
Diabetes-Control: It Can Be Done! <input type="checkbox"/>	Emergency! BE PREPARED! <input type="checkbox"/>
Frame Your Memories Part 1 of 2 <input type="checkbox"/>	Frame Your Memories Part 2(must check Part 1) <input type="checkbox"/>
I'm Not Dying...So Why Now? POA & Adv. Directives <input type="checkbox"/>	Medicare 101 Fun <input type="checkbox"/>
Life After The Diagnosis <input type="checkbox"/>	NMCC Simulation Center – Tour & Demo <input type="checkbox"/>
Your Aging Eyes <input type="checkbox"/>	Preventing & Managing Diabetes <input type="checkbox"/>
Session #3 Workshop Selection 12:00-12:45 PM	Session #4 Workshop Selection 1:00-1:45 PM
Bone Health & Osteoporosis <input type="checkbox"/>	Colorectal Cancer – It's All About Prevention <input type="checkbox"/>
Colorectal Cancer – It's All About Prevention <input type="checkbox"/>	Frame Your Memories Part 2(must check Part 1) <input type="checkbox"/>
Frame Your Memories Part 1 of 2 <input type="checkbox"/>	Fraud: It Can't Happen To Me?(or can it?) <input type="checkbox"/>
Fraud: It Can't Happen To Me?(or can it?) <input type="checkbox"/>	Parkinson's Disease: Signs, Care & Support <input type="checkbox"/>
Introductin to Matter of Balance <input type="checkbox"/>	Stroke Prevention & Recovery <input type="checkbox"/>
NMCC Simulation Center – Tour & Demo <input type="checkbox"/>	Strong Healthy Bones Don't Build Themselves <input type="checkbox"/>
Stroke Prevention & Recovery <input type="checkbox"/>	Technology: Make It Work For You <input type="checkbox"/>